

THE 892.  
LADIES COMPANION,

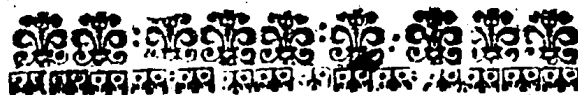
Or,  
A Table furnished with sundry  
sorts of *Pies* and *Tarts*, gracefull at  
a Feast, with many excellent re-  
ceipts for Preserving, Conser-  
ving, and Candying of all  
manner of Fruits, with the  
making of *Marchpain*,  
*Marmalet*, and  
*Quindenis*.

By Persons of quality whose names  
are mentioned.



Nov. 18.

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## The Ladies Companion.

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### *M<sup>rs</sup> Medgates Broth.*

**T**Ake some of a Neck of Mutton chopt into pieces, And so boyl it, and scum it, Then beat some great Oatemeal, strain it there-into, And then put in some Raysons of the Sun, and Currrens with a sprig of Rosemary, And when it is almost boyled enough, Then put in a little Verjuyce, and boyle it a walm or two more, and then sweeten your Broth with Sugar, garnishing your Dish with Syppers, strew some Sugar about the brims, and so serve it with the Mutton to the table.

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*Mrs. Heydens White Broth.*

**B**Oyl a Capon and scum it, and then put in some Raysons of the Sun and Currans with a little Mace, & some yolks of eggs beaten well together, and when it is almost boyled enough, put in some verjuyce, or White Wine, and boil it a walm or two more, then sweeten it well with Sugar, and so put the Capon with the broth into a deep Dish garnished with syppets and large mace; and then strew some Sugar about the brims of the Dish, and so serve it up to the table.

*Mrs. Medgates Hedg-hog Pudding.*

**F**irst put some Raysons of the Sun into a deep wooden dish, and then rake some grated bread, and one pint of sweet Cream, three yolks of eggs, with two of their whites, and some beef suet, grated nutmeg and salt; then sweeten it with sugar, and temper all well together, and so lay it into the dish upon

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on the Raysons, then tye a cloth about the dish, and boyl it in beefe broth, and when you take it up, lay it into a pewter dish, with the Raysons uppermost, and then stick blanchd almonds very thick into the Pudding; then melt some butter, and pour it upon the Pudding, and then strew some Sugar about the dish, and serve it to the table.

*Mrs. Medgates Almond Pudding.*

**T**Ake two pound of blanchd Almonds, and beat them small, putting some Rosewater and Ambergreese often thereinto, as you beat them; then season them with Nutmeg and Sugar, and mix them with grated bread, beef suet, and two eggs, and so put it into a dish, tying a cloth round about, and so boyl it.

Thus also you may make Almond Puddings in Hogs-guts: But then the Leaf of the Hog is better than beef suet.

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*Mrs. Heydens Almond Milk.*

**B**Oyl some French Barley, and as you boyl it, cast away that water wherein it was boyled, till you see the water leave to change colour, as you put in more fresh water; then put in a bundle of Strawberry leaves, and as much Cullumbine leaves; so boyl it a good while: then put in beaten Almonds and strain it, and then season it with Sugar and Rosemary; then strew some Sugar about the Dish, and serve it to the Table.

*Mrs. Atkinsons Pudding for Fridays.*

**T**Ake one pint of Cream and some grated bread, four yolks of Eggs, and three of their whites, with one grated Nutmeg, and some Sugar: Mix all these together, and lay it within a dish, and tie it round with a cloath, and so boyl it: then garnish your dish

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dish with Sugar scraped about the brims, and so serve it to the Table.

*Mrs. Medgates fried Puddings.*

**T**Ake grated bread, currans, cloves, and mace, with beef suet and sugar, and one yolk of an egg beaten; mix all well together, and make them into flat bowls, then fry them in beef-suet, and then garnish your dish with Sugar about the brims, and so serve them to the Table always at the first course.

*Mrs. Atkinsons Pudding for to be Baked or Boyled.*

**B**Eat a pound of Almonds as small as is possible, putting in some Rose-water and Cream, as often as you beat them, then take one pound of beef suet finely minced with five yolks of eggs, and but two of their whites, make it as thin as batter for Fritters, mixing it with sweet thick Cream, seasoning it with beaten mace, sugar, and salt

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salt; then set it into the Oven in a pewter dish; and when you draw it forth, strew some sugar on the top of your Pudding, and garnish your dish with sugar, and serve it always first to the Table.

### *Mrs. Atkinsons Quaking Pudding.*

**T**AKE one quart of sweet Cream, and almost half one pound of Almonds blanch'd, and so finely beaten; then straine them, and boyl it with Large mace, and season it with Rosewater and sugar; then take ten eggs, and five of their whites well beaten with small Cinnamon, and two or three spoonfulls of flower; mix all well together; and make it of the thickness of butter, then wet a cloth and rub it with flower, tying your Pudding round therein; and boyl it in beef broth two hours: take it up, and put a little white wine, Sugar, and sliced Nutmeg into a pewter dish, and put your Pudding thereinto: Then scrape some sugar on the brims, and serve it up.

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### *Mrs. Heydons Cullice.*

**T**AKE a Cock and dress him, and boyl him in white Wine: then scum it clean, and so clarify the broth (being also first strained; then take a pint of sweet Cream, and strain it, and so mix them together: then take beaten Ginger, fine Sugar and Rosewater, and put them all together, and boyl it a little more.

### *The Lady Butlers Cream of Almonds.*

**T**AKE blanch'd Almonds beaten in a mortar very small, putting in now and then one spoonfull of Cream to keep them from oyling: and then boyl as much Cream as you please, and your beaten Almonds together: with a blade of Mace, and season it with Sugar: then strain it and stir it u till it be almost cold, and then let it stand till you serve it to the table: and when

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you serve it up, garnish your dish with some fine sugar scraped thereon.

### *The Lady Grays Cream of Eggs.*

**T**AKE one quart of Cream and boyl it, then beat four whites of Eggs very well with two spoonfulls of Rose-water: and when the Cream is enough boyled, take it off the fire, and when it is a little waxing cold, stir in the eggs with a little salt, and then garnish your dish with fine Sugar scraped thereon, and serve it always cold to the table for a closing dish.

### *The Lady Gorings Sullybub.*

**T**AKE three pints of white Wine, and the milk of two kine, and as you turn it, take off the curd and put it into some vessel by it self, and when it will yeild no more curd, then take the curd and season it with sugar, and beat it very well, then sweeten the drink with some sugar also, and then lay

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lay in a row of the curd into your Sullibub pot, and afterwards put a little of the drink on the top; then put in another row, and put on some more of the drink (as you did before) and so do till your pot be filled, suffering some curd to be uppermost at the last; then strew some sugar on the top, and if it stand half a day it is the better. Those that do like the tast of Rosewater, may beat some grated Nutmeg and it together with the curd before it be laid into the pot.

### *What is meant by Manus Christi.*

**B**OYL sugar till it be almost become sugar again, and as it drops from your spoon, the last drop will have a hair or string from it, as fine as a hair on your head.

### *What is meant by Candy-height.*

**T**O boyl Sugar to a candy height, you must boyl it till it will draw as

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a thread betwixt your finger and your thumb, and then you may say that it is boyled to a Candy height.

*The Lady Grayes Sullibub.*

**T**AKE as much curd as a quart of white wine will make, always taking off the curd as it riseth, and when you can see no more curd arise by milking thereinto; then season your curd with Sugar, and lay the curd into the pot (as is prescribed in that of the Lady Goring onely in place of the drink betwixt every row of curd, put two or three spoonfulls of Cream, and so beat it well together; and if it stand a day and a night it is the better: Then season the drink with some sugar and serve it to the Table by it selfe, and you may beat the curd with the Cream and sugar, and so put it into your pot, and not lay it in rows till you please.

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*Mrs. Atkinsons Artificiall Fruits,  
as Orreniges, Lemmons, Cucum-  
bers, or the like.*

**T**AKE Alabaster Moulds made in three peices, binde two of the peices together, and water them one hour or two, then take as much sugar as you think will fill your Moulds, and so boyl it to a *Manus Christi*, and then pour it into your Moulds one by one, very quick: so put on the lid of the Mould, and turn it round with your hand, as quick as you can, and when it is cold, take it out of the Moulds, and they will be both whole and hollow within; and like the Fruit which your Moulds do resemble, of any of these here specified.

*The Lady Grays Butter'd Loaf.*

**T**AKE a quart of flower, and the curd of a pottle of new milk, being very well whey'd, and after crumbled, as  
small

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small as may be, so work the flower and curd together that no curd may be discerned, then put in some salt and a little Ginger with six yolks of eggs and their whites, and three, or four-spoonfulls of good yeast, or Barm: then make it up, and flat it on the top like an Oven Cake, and so bake it.

*The Lady Goringes Furmety.*

**T**ake French-barly and pick it, and wash it, so lay it to steep one night, then boil it in two or three several waters, and so cover it as you would do wheat to make it swell, then take a quart of good Cream, and boyl it with a race of Ginger cut in two pieces, one blade of Mace, and half one Nutmeg all in one piece; then put thereto so much of the barley as will thicken it, and when it is almost boyled, stir in two, or three yolks of eggs well beaten, and so strained with a few beaten Almonds and flower, or five spoonfulls of Rosewater, then take  
out

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out the whole spices; and then season your Furmety with some salt, and then sweeten it with sugar, and so serve it to the table.

*The Lady Grays Cream of Quodlings.*

**F**irst scald your Quodlings, and so peel off the skins, then scrape the pulp from their cores, and then strain them with a little sugar and Rosewater, so lay your pulp of Quodlings in the middle of a dish (like fresh Cheese) and so much raw Cream round about it as you please, and so serve it to the table.

*The Ladie Grayes Cream of Apricocks.*

**F**irst boyl your Apricocks with Water and sugar, untill they be somewhat tender, and afterwards boyl them in Cream, then you must strain  
and



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and season it with sugar, and if you please you may make Cream thus of any fruits, or Quindeny, or Marmalet of the fruitss or of some preserved fruits boyled in your boyled Cream, straining the Jellies or Syrups with the Raw Cream, or take two or three good spoonfulls of Raspis, straining it with as much boyled or Raw Cream as you please.

#### *The Lady Grays cream of Quinces.*

**T**ake a rosted Quince, and pare it, and cut it into thin slices to the core, and boyl it in a pint of Cream with a little whole Ginger, untill it taste of the Quinces to your liking, then put in a little sugar and strain it, and always serve it cold to the table.

#### *M<sup>rs</sup> Atkinsons baked puddings.*

**F**irst grate a Penny-loaf, and there to put more suet than the bread in quantity, with some Nutmeg and Sugar,

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sugar, and two yolks of Eggs, tempering it onely with Rosewater, Then butter a little Pewter-Dish in the bottom, and so put your stuff (after it is well tempered) therein, and then set it into the Oven, and when it is baked, you must stir it up from the bottom of the Dish, and so turn the underside uppermost, then strew some Sugar upon it, and upon the brims of the Dish, and so serve it first to the table.

#### *M<sup>rs</sup> Atkinsons Legg of Lamb shewed.*

**F**irst cut it in pieces, and put it into your stewing-pan, being first seasoned with Salt and Nutmeg, and as much butter as will stew it with some Raysons of the Sun and Currans, and some Goos-beries. And when it is stewed make a Cawdle with the yolks of two or three Eggs, and some wine Vinegar and Sugar beaten together, and put it into your stewed meat, and stew all a little longer together. Then put

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put it into your Dish, and strewing Sugar about the brims serve it up hot.

*The Lady Gorings Frycass, being a Dish for the first Course.*

**T**Ake young Rabbits, young Chickens, or a Rack of Lamb, being cut one rib from another, and so par-boileither of these well in a Frying-pan with a little water and salt, then pour the water and salt from it, and then fry it with sweet butter, and make sawce with three yolks of Eggs beaten well with six spoonfull of Verjuyce and a little shred-parsly; with some sliced Nutmeg and scalded Goose-berries. And when it is fryed, pour in the sawce all over the meat, and so let it thicken a little in the pan, Then lay it in a Dish with the sawce, and serve it to the table.

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*The Lady Gorings Breast of Veal baked.*

**F**irst Parboyl your breast of Veal, and take out the long bones, and so lay it in a Dish in Vineger two, or three hours: Then take it out and season it with Pepper and salt, and so lay it into a thin fine paste with good store of fine sweet herbs finely chopt, and good store of Butter, or Marrow, then set it into the Oven, and when it is baked, put in some Juyce of Orange, and Sugar; and serve it hot to the table.

*The Lady Gorings Leg of Beef stewed.*

**F**irst cut it into pieces a little bigger than you do mutton for steaks, and then sprinkle it with wine Vineger, and then beat the pieces with a Rowling-pin and so season it with Pepper and salt, and a very little Cloves and

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and Mace beaten well together, as you would do Venison. Then put it into an Earthen pan with the marrow of six bones, and one pound of butter, Or let all be butter to that quantity; then close it up with paste, and set it into the Oven; and before you serve it to the table, open it a little, and put in some White or Claret Wine; and serve it always (putting toasts under it) hot to the table.

*M<sup>rs</sup> Heydens Legg of Lamb or Mutton Baked in the skin.*

**F**irst lap the Mutton or Lamb in a clean cloath, and beat it with a rowling pin, and take away all the flesh betwixt the skin and the bone: then mince it with sweet herbs, and season it with Pepper and salt, putting thereto some Currans, or two or three yolks of Eggs; then put it again into the skin with some buttter or Verjuyce, and set it into the Oven, and when it is baked, serve it to the table with some

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some of the Gravy and Verjuyce for sauce.

*M<sup>rs</sup> Medgates Veal Pie.*

**V**hen your paste is raised, then cut your leg of Veal into pieces, and season it with Pepper, Nutmeg and salt, with some whole Large Mace; and so lay it into your Coffin, with good store of Raysons of the Sun and Currans, and fill it up with sweet butter, then close it and set into the Oven, and when it is baked serve it hot to the table.

*M<sup>rs</sup> Medgates Lamb Pie.*

**F**irst cut your Lamb into pieces, and then season it with Nutmeg, Cloves, and Mace, and some salt, with Currans, Raysons of the Sun, and sweet butter, and if you will eat it hot: Then when it is baked put in some yolks of eggs; with Wine-vinegar and sugar beaten together, but if you will

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eat it cold, then put in no eggs, but onely Vinegar and Sugar.

*M<sup>rs</sup>. Heydons Pig Pie.*

**F**Lea your Pig, and cut it into pieces, and season it with Pepper, Salt, Nutmeg, and Large Mace, and lay it into your Coffin, with good store of Raysons of the Sun, and Currans, and fill it up with sweet Butter; and so close it, and always serve it hot to the table.

*M<sup>rs</sup>. Heydons Neats-foot Pie.*

**F**irst boil your Neats-foot, and take out the bones, then put in as much Beef suet as it in quantity thereto, and so mince them, then season it with Cloves, Mace, Nutmeg, Sugar, & Salt: And put it into your Coffin with some Berberries, Currans, and Raysons of the Sun; and when it is baked, always serve it up hot to the table.

*M<sup>rs</sup>. Med-*

*M<sup>rs</sup>. Medgates Calves-foot Pie.*

**F**irst boil the Calves-foot, and peel off the hair: then cleave them, and so take out the bones, then season the flesh with Nutmeg, and Salt, and some large Mace (being whole) with Currans, and good store of butter, and if it be in Summer time, then put in no Currans, but some Gooseberries, and always when you draw it out of the Oven, fill up your Pie with some Butter, Sugar and Wine-Vinegar, with the yolk of one Egg well beaten together; and then scrape some Sugar upon the Lid of the Pie, and also upon the brims of the Dish, and so always serve it up hot to the table, at the first course.

*M<sup>rs</sup>. Medgates Eel-Pie.*

**W**hen your Eels are flead and gutted, cut them into pieces as long as your finger, then season them

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with

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with Pepper, Nutmeg, Large Mace, and Salt, and so fill your Coffin, putting thereto good store of Raysons, and Currans, with sweet Butter, and when it is baked, put in some Verjuyce and Sugar: and serve it hot to the table, at the first course.

*M<sup>rs</sup>. Medgates Receipt to boil a Salmon.*

**T**AKE as much water as will cover it, and take Rosemary, Thime, and Winter-Savory, and Salt: Boil all these very well, and then put in some Wine Vinegar, and when your Salmon is boiled let him remain in the same water always, untill you have occasion for to eat thereof.

*M<sup>rs</sup>. Medgates Hartichock Pie.*

**F**irst boil the Hartichocks and take the bottom of them, and the meat of the Leaves, and put it into your Coffin, with some Dates, Candied-Lettice

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Lettice, and Marrow taken whole out of the bones, with the yolks of two Eggs, season it with Sugar, Synomond, and Ginger, and when you draw it take off the Lid, putting in some Vinegar and Sugar beaten together so on the Lid, and Ice it with melted Butter, scraping some Sugar thereon, and serve it always hot to the table.

*M<sup>rs</sup>. Medgates Oyster Pie.*

**F**irst drie your Oysters, and then put them into your Coffin with some Butter, and whole Large Mace, and so bake it, and then take off the Lid, and fill it up with more Butter, putting some of the Liquor of the Oysters also, thereunto. Then season it well with Sugar, and serve it hot to the table, at the first course.

*M<sup>rs</sup>. Heydons Chickin Pie in Summer.*

**F**irst cut of their feet and so truss them, then put them into your Coffin, with as many handfull of Gooseberries as there are Chickins, with a good quantity of sweet Butter, and season them with Salt, and then bake them the space of an hour and half; and when they are almost baked take for every Pie one yolk of an Egg, and half a Goblet full of Verjuice, with a good quantity of Sugar, mix all these together, and put it into your Pies, and set them again into the Oven for a little space, then when you do draw them again, shave some Sugar upon the Lids of them, and also upon the Brims of the Dish, and always serve them hot to the table.

*M<sup>rs</sup>. Hey-**M<sup>rs</sup>. Heydons Chickin Pie in Winter.*

**C**ut of their feet and truss them, and then put them into your Coffin with some Raysons of the Sun, and good store of fresh butter, and season them with Salt, & so put them into the Oven; And when they are almost baked, draw them forth, and take one yolk of an Egg for each Pie, with Verjuice and Sugar as aforesaid, doing in all things else, as in Chickin Pies in Summer, before prescribed.

*M<sup>rs</sup>. Atkinsons Quodlin Pie.*

**F**irst pare your Quodlins and cut them into pieces (casting away the cores) and then put them into your Coffin and so bake them: then beat some very thick and sweet Cream with some Sugar, and Rosewater (if you like the taste thereof) all together and put some of it into your Pie, stirring

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the Apples and it together: with a spoon, and then cover it over with the rest of your beaten Cream, and Sugar, and if you perceive that your Pie be growing cold, then set it a little into the Oven again, and afterwards when you draw it forth, scrape some Sugar up on the Lid, and brims of the Dish; And then you may serve it, either hot, or cold to the table for a closing-dish, last of all.

*M<sup>rs</sup>. Atkinsons Receipt to Preserve Quinces of a Red Colour.*

**F**irst pare your Quinces and Core them, then take as much Sugar as they weigh, putting to every pound of Sugar one quart of water, so boil your Quinces therein very leasurely, being close covered, and turn them to keep them from spotting, and when they be so tender that you may prick a whole through them with a Rush, & that they are well coloured, then boil the Syrup till

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till it will button on a Dish: and so put your sirup and them up together.

*M<sup>rs</sup>. Heydons Receipt for to drie Pippens.*

**T**Ake the fairest yellow Pippens and pare them, and make a hole through every one, then parboil them a little in fair water, and then take them up, and put them into as much clarified Sugar as will cover them, and let them boil three, or four walms very gently in that Syrup, then take them out and put them into an earthen Platter; then cast fine Sugar upon them, and set them into the Oven half an hour, then take them out and cast some more Sugar upon them (being first turned) and so do untill they be very well dried, which will be in three times.

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*M<sup>rs</sup>. At-*

*M<sup>rs</sup>. Atkinsons Cheef-cakes  
with lids.*

**V**Vhen your Cheese is set together, you must Whey the curd through a cloath, then break the curd with your hands: and as you break it, mix it with a pound of sweet Butter, and two yolks of Eggs and some grated bread. Then take some Raysons of the Sun and stone them, and cut them with a knife, and then put them thereinto: with some Currans, and season it with a little Salt, Nutmeg, and Sugar, then raise your Paste two fingers breadth in height, and put in your stuff, cutting your lids in flowers and so close them; And when they are baked take them out, and laying on melted butter on the tops, with a feather, straw some fine Sugar on them, and set them a little into the Oven again.

*M<sup>rs</sup>. At-**M<sup>rs</sup>. Atkinsons Cheef-cakes without  
any lids.*

**V**Vhen she made them without any lids, she put in no Raysons, nor Currans, but all things else as in the former, onely in these she always put some Rosewater as she mixed the stuff together, and when she drew them out of the Oven, she always washed them with some whites of Eggs beaten to a froth, and then she strawed fine Sugar upon them, and set them again a little into the Oven.

*M<sup>rs</sup>. Atkinsons Receipt for to pre-  
serve Quinces of a white colour.*

**T**AKE such Quinces as are well coloured, and of a reasonable bigness, and to every pound of Quinces take as much refined Sugar, then core your Quinces that they may have a hole quite through them; and at both ends alike, so put them into warm water and



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and scald them till they be very tender,  
 fo Preserve them by two, or three  
 pound at a time, putting unto two  
 pound of Sugar, the white of an Egg,  
 and one wine pint and half of fair wa-  
 ter, and when your Syrup is boiled  
 clear, than strain it into a deep preser-  
 ving bason, and let it boil untill it be of  
 a great height, then pare your Quin-  
 ces as fast as you can, and put them in-  
 to the boiling Syrup, with half a wine  
 pinte of Liquor of Quinces, and boil  
 them as fast as you can, and scum the  
 Syrup continually, till they do begin to  
 break, then take them out of the Syrup,  
 and lay them severally into silver, or  
 stone-dishes, and keep some of the  
 clearest of the Syrup by it self, and then  
 put your Quinces into such glasses as  
 will hold but two, at the most, and put  
 all your Syrup (but what you formerly  
 kept, or reserved) unto them while it  
 is hot, set them where they may cool  
 a pace, and when they are through-  
 ly cold, pour your other Syrup upon  
 them.

*The*

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*The Lady Butlers Preserve of A-  
 pricocks, or any kinde of White  
 Plums.*

**T**AKE Apricocks when they begin  
 to look of a pale yellow colour, and  
 not green, and to every pound of A-  
 pricocks take three quarters of Sugar  
 finely beaten; then put your Apri-  
 cocks into a pan of fair water upon the  
 fire, untill they will peel; then take  
 them up as fast as you can, and lay  
 them on a cloath and cover them with  
 another cloath: then take a great pre-  
 serving Glas, and straw a little Sugar  
 in the bottom; and when your Apri-  
 cocks are cold lay them thereinto, and  
 betwixt every row of Apriecocks strow  
 some Sugar, and when all are laid into  
 the Glas strow some Sugar on the top,  
 and cover them close, and let them  
 stand till morning, and then pull out  
 their stones, and lay them in your  
 Preserving Pan, and pour your Syrup  
 to them, and set them upon a quick  
 fire.

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fire, making them boyl as fast as you can, scum them clean, taking them sometimes off the fire and shaking them that they burn not to the bottom; then cool some of the syrup in a spoon, and when it will turn to gelly they are enough-boyled: then take them up and put them into your Glasses, and keep some of your Syrup to put upon them when they are cold. And note that Double refined Sugar is best for your use for to preserve such Fruits as are above specified.

*Mrs. Atkinsons Receipt for to dry  
any kinde of fruits after they  
are preserved.*

**T**AKE Pippins, Pears, or Plums, after they are preserved out of that Syrup, and wash them in warm water, and then strew them over with Sugar finely searfed, as you do flower upon fish to fry, and set them into a broad earthen pan wherein they may lye one by another, and then set them in-

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to a warm Stove, or Oven, untill they be dry, and see that you turn them every day untill they be quite dry, and if you please for to Candy them there withall: then you must cast Sugar upon them three, or four times in the drying.

*Mrs. Atkinsons Candied Barber-  
ries, Grapes, or Goose-berries.*

**F**irst preserve them (as in the next leaf over against this is declared) then dip them quickly into warm water for to wash off the ropy Syrrup, then straw them over with searfed Sugar, and set them into an Oven, or Stove, three, or four hours, alwaies turning them, and casting more fine Sugar upon them, and never suffer them to be cold untill they be dried, and that they do begin to look like so many sparkling Diamonds.

*M<sup>rs</sup>. At-*

*M<sup>rs</sup>. Atkinsons Conserve of Pippins, Oranges, or Lemmons*

**W**Hen you have boiled any of these fruit, as you would do for to make paste thereof, and that it is ready to fashion upon the Pie plate; then put it up into Gallie pots, and never dry it, and this is all the difference betwixt Conserve and Paste, and this serves for all hard fruits, as Pippins, Oranges, or Lemmons.

*M<sup>rs</sup>. Atkinsons Conserve of Tender Plums, or Barbaries.*

**F**irst dissolve your Plums (as you do for to make paste, and then strain the liquor; and also the pulp from their skins and stones, then take three quarters of a pound of Sugar unto every pinte of liquor, and so boil it untill you may lay some of it upon the side of a cold dish, and that it will run

no

no farther, and then put it up into your Gally pots.

*M<sup>rs</sup>. Atkinsons preserved Goosberries, Grapes, or Barbaries.*

**T**Ake somewhat more then the weight of your fruits in Sugar beaten very fine, and so lay one laying of fruits, and another of Sugar, untill all are laid into your Preserving-Pan, then take six spoonfulls of fair water, and boil your fruits therein as fast as you can untill they be clear, then take them up and boil the Sirup by it self, till it will button on the side of a dish; and when they are cold put them up together in your Gally pots.

*M<sup>rs</sup>. Atkinsons Preserved Apricocks, or Pear-Plums, when they are green.*

**T**Ake any of these fruits, and scald them in water and peel them, and scrape the spongy substance of the

Apri-

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Apricocks, or Quinces, so boil them very tender, taking their weight in Sugar, and as much water as will make water to cover them, boiling them very leasurely, then take them up and boil the Syrup till it will button upon a dish-side, and when they are cold put them up with the Syrup into your Preserving Glasses.

*M<sup>rs</sup>. Atkinksons Preserved Damosens Red, or black Plums.*

**T**AKE as much Sugar as they weigh, and as much water as will make a Syrup to cover them, so boil them a little therein being close covered, turning them for spotting, so let them stand all night in their own Syrup, then set them upon a pot of seething water, and suffer your Plums to boil no faster then the water under them, and when they are both sweet and tender take them up, and boil the Syrup again till it will button on the side of a dish by it self, and then put up your Plums  
and

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and it together in your Preserving Glasses.

*M<sup>rs</sup>. Atkinsons Preserved Cherries.*

**T**AKE some of the worst Cherries and boil them in fair water, and when the liquor is well coloured strain it, and then take some of the best Cherries you can get with their weight in beaten Sugar, and then lay one laying of Sugar, and another of Cherries; untill all are laid in their Preserving-Pan, and then pour a little of the liquor of your worst Cherries into your Pan, being onely enough for to wet the bottom thereof: and boil your Cherries as fast as you can till they be well coloured, then take them up and boil the Syrup till it will button on the side of a dish, and when they are cold put them up in your Glass covered close with paper, untill you use them.

M<sup>rs</sup>. At-

*M<sup>rs</sup>. Atkinsons Italian Bisket.*

**T**ake serced Sugar, and a little of the white of an egg, with some Amber-greese, and Musk, so beat it to a Paste in an Alabaster Morter, and mould it in a little Anni-seed finely dusted, then make it up in loaves as big as Grabs, and cut them about like Manchet, and then bake them in an Oven as hot as for a Manchet, and when they be risen somewhat high upon the plates take them forth, and remove them not off the plates till they be cold, for they will be very apt to break.

*M<sup>rs</sup>. Atkinsons Sugar plates.*

**T**ake serced Sugar, and make it up in Paste with Gum-Dragon steeped in Rosewater, and when you have brought it to a perfect Paste, rowl it as thin as ever you can, and then print it in Moulds of what fashion you please: And so let them dry as they lye.

*M<sup>rs</sup>. At-**M<sup>rs</sup>. Atkinsons Artificial Walnuts.*

**T**ake some of the Sugar-Plate that is above specified, and print it in a Mould made for a Walnut-kernel, and then yellow it all over with a little Saffron water with a feather: and then take serced Sinamond, with sugar of the like quantity, working it to a Paste with Gum-Dragon steeped in Rosewater, and print it in a Mould, made like a Walnut shell, and when the kernel and shell be dry, close them together with Gum-Dragon.

*M<sup>rs</sup>. Atkinsons Mackrooms.*

**T**ake Almonds, and blanch them, beat them in a Morter, with serced Sugar, being mingled therewith: and the white of an egg, and Rosewater, and so when you have beaten all together untill it be a little thicker, then batter for Fritters, and then drop it upon your Wafers, and so bake it.

*The*

*The Lady Butlers Mackroons.*

**T**AKE a pound of the best Almonds and lay them in cold water and blanch them, then dry them very well in a clean cloath, and as you beat them in your Morter dip the Pestle in Rose-water, then take as much sugar as Almonds and mingle them well together, and lay your paste over a chafing-dish of Coles, then beat six whites of Eggs with a grain of Musk, and Ambergreese, and when your paste is dried and cold again, put in your froth of eggs, and lay your Mackroons upon Marchpain bottoms, and serce fine sugar upon them and set them into the Oven, and when they are hardened take them out and fashion them then set them in again, and so let them stand till they are baked.

Mrs. At-

*Mrs. Atkinsons French Bisket.*

**T**AKE half a peck of flower with four eggs, half a pinte of Ale yeast, one Ounce and half of Annisseedes, a little sweet Cream, and a little cold water, make all into a loaf so fashion it something long: then cut it into thick slices like toasts after it hath stood two daies, and rub them over with powdred Sugar, and lay them in a warm sun; and so dry them and sugar them, as you dry them three, or four times, and then put them up into boxes for your use.

*Mrs. Atkinsons Pomander.*

**T**AKE half an Ounce of Benjamin, and as much Storax, and as much Lapdanum, with six grains of Musk, and as much Civet, with two grains of Ambergreese; and one Dram of sweet Balsom, beat all these together in a hot Morter, then rowl it up in heads as big,

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big, or as little as you please, and whilst they are hot make holes in them to serve for your use.

*Mrs. Atkinsons Perfume for to burn in your Chamber.*

**T**AKE Benjamin Storax, and Lapdarnum, of each a like quantity, with a little Damask Powder; and Arras powder, and a little Frankincense, and Merba, with some powder Juniper, then beat all together untill it come to a paste in a hot Morter, and fashion it like great Cloves, and then you may burn them where you please, upon your Perfuming-pan.

*Mrs. Atkinsons Starch for Ruffs, or Bands.*

**A**FTER you have made your Starch somewhat thick, put in some Rosewater (which hath had Musk and Ambergrease steeped therein all night before) and then your starch will make  
your

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your cloaths smell very sweet and pleasantly.

*The Lady Butlers Cake-bread.*

**T**AKE a peck of fine flower, with half an ounce at least of large Mace, beaten into fine powder, with one quarter of an ounce of powder of Nutmegs, and a good quantity of salt, mix all these well together, and put in two pound of butter, at least (working all very well) then take six pound of Currans; and half a pound of fine powdered Sugar, with three spoonfulls of Rosewater: and one pinte of strong Ale yeast, so mix all well together, and then take two quarts of sweet cold Cream, and so make it into a very light paste, then make it into a lump, and put it into a hot cloath, and lay it so before the fire, then heat your Oven, that it may be as hot as for Manchet (when you make it of the biggest size) and then of this proportion of paste (as before is specified)  
C you

you may make two Cakes, always you must lay double papers under your cakes, and prick them in three or four places with your Bodkin, and rub them over with some melted butter, and Rosewater, then serce some fine beaten Sugar upon them, and so set them into the Oven two hours, and if they colour to fast, then lay some papers upon them.

*M<sup>rs</sup>. Atkinsons Marchpain Iced,  
Garnished and Gilded.*

**T**AKE Almonds and blanch them in some seething water, and then beat them in a stone-Morter, and drop in now and then a very little Rosewater (as you beat them for to keep them from Oyling, and now and then strew in a handfull of serced Sugar, and when it is perfect paste, rowl it as thin as you please: and then set an edge about it, (as you do about a Tart, and make little conceits to Garnish it, and then set it into an Oven, made as hot as  
for

for Manchets, and lay wafers under it, and so bake it always upon a Pie-plate, with a double Paper, and when it is half baked, Ice it with a feather, laying on the white of an Egg, with some Rosewater, and fine serced Sugar, beaten all well together, and made like Batter for Fritters, then set it into the Oven: and stick in your Garnishing with long comfits (after you see the Ice thereof is risen, (after you have drawn it, and that it remains hot, and when it is cold you may guild it as you please.

*M<sup>rs</sup>. Atkinsons Paste of Genoa.*

**B**OYL Quinces in their skins, and so strain all the pulp from their core through a piece of Cushion-Canvas, then take as much Sugar in weight as the pulp of your Quinces containeth, putting half a pinte of water for every pound of Sugar thereto, and so boyl it to a Candy height, then dry the pulp upon a Chaffing-dish of coles, and then  
C 2 put



put your Syrup and the pulp so hot together, and boyl it (always stirring it) untill it will lie upon a Pie-plate even as you lay it, and run no broader, then you must fashion it, some like leaves, and some like letters: and then set your Pie plate in a warm Oven or Stove (upon two billets of wood for to keep it from the bottom of the Oven) all night; then on the Morrow turn it, and so do it every day untill it be dry.

*Mrs. Atkinsons Marmalet of Quinces.*

**T**AKE some of the Paste above specified (after it hath been set upon the Pie plate) and boyl it, untill it will come clean from the Posnets bottom; and then you may put it into your boxes: Then is all the difference betwixt Paste and Marmalet of Quinces.

M<sup>s</sup>. At-

*Mrs. Atkinsons Paste of tender Plums.*

**P**Ut your Plums into an Earthen-pot, and set that pot into a seething-pot of water, and when the Plums are dissolved, then strain the thin liquor from them through a cloath, and always reserve that liquor for to make Quindeny, then strain the pulp through a piece of Cushion Canvass, and then take as much Sugar as the pulp in weight, and as much water as will wet the same; and do in all other things as is prescribed: on the other side of the leaf in the Paste of Genoa (there set down to be made of Quinces) saving onely always you must put some pulp of Apples in this, which is to be made of the pulp of Plums.

C 3

*The*

*To make Quindeny of the Liquor  
of the Plums, which you for-  
merly Reserved.*

**B**Oyl one quart of that liquor with half a dosen fair Pippins pared, and so cut into small pieces, then strain the thin from it, and put to every pinte of liquor half a pound of Sugar, and so boyl it untill it will stand on the back of a spoon like quaking gelly; then wet your Moulds and pour it thereinto: and when it is almost cold, turn it off upon a wet trencher, and so slip it into wet boxes.

*M<sup>rs</sup>. Heydons Preserved Grapes,  
that so may be kept all the  
year after.*

**T**AKE the fairest Clusters of Grapes and lay them in a flat dish; and then cast some fine Sugar upon them, and set them into the Oven, for the space of an hour, then turn them, and cast

cast more fine Sugar upon them: and set them into the Oven again another hour, then take on pinte of water, and three or four Clusters of Grapes, with two, or three Pippins, pared, and cut into pieces, boyl these very tender, and strain out all the liquid substance from them, then put to every pinte of that liquor, half a pound of Sugar, and boyl it to a thick preserving Gelly, and when your Gelly is cold put in your Clusters of Grapes.

*M<sup>rs</sup>. Atkinsons Quodling Tart.*

**P**ARE your Quodlins, and slice them not too thin, then boyl them in water and butter, put them into a round Coffin, made one Inch in height, seasoning them with Ginger, and Sugar, cut your lid with lozings open, close it, and when it is baked, cast some Sugar on the top of the lid, and serve it to the table for a closing-dish.

C 4 *M<sup>rs</sup>. Hey-*

*M<sup>rs</sup>. Heydons Preserved Apricocks  
or White Pear Plums to be  
so kept all the year, if you  
please.*

**T**AKE such Apricocks, or Plums as are large and well coloured, and prick them to the stone, and put them in as much clarified Sugar, as will cover them, and so boyl them in a silver bason upon a soft cole-fire, and when they begin to crack ever so little, take them off the fire, and let them stand so two days Infusing in that Syrup, then pour that Syrup from them; and put some more Sugar into the Syrup, & then boyl it again, and make it very clear: and when you have so done, put in your Apricocks again, and let them boyl a walm or two; then take them off the fire, and let them stand a day and a night more, infusing in that Syrup; then take out your Apricocks or Plums, and lay them in a dish, and then boyl the Syrup again, then

then let it stand till it grow cold, and you perceive that it is thoroughly cold, then put in your Apricocks or Plums into your Gally pots, covering them with white paper, and thus you may keep Apricocks or white Pear-plums all the year, if you please.

*M<sup>rs</sup>. Heydons Dried Apricocks to  
be kept all the year.*

**T**AKE such Apricocks as are ripe, large, and well coloured, and stone them (making as little a hole as you can) then put a quarter of an Apricock into every one of their holes, and put them into a Platter, and cast some beaten Sugar upon them, and set them in the Oven, for the space of an hour, (but set not up the Oven stone) then turn them and cast some more Sugar upon them, so dry them three or four times; and when you see that they are something dry, then take double refined Sugar well beaten, and take to every pound of Sugar,

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as much Rosewater as will wet it, then boyl it to a Candy height, and when it is betwixt hot, and cold, put in your Apricocks; and turn them often therein, and when you see it waxeth cold, then take them out, and lay them upon a sheet of glass, and let it rest upon two bricks in the Oven, for the space of twenty four hours, and then put them into your boxes with white paper in the bottom sides and tops, and thus you may keep them (for your use) all the year.

*Mrs. Heydons Conserve of Plums.*

**T**AKE ripe Damsons, and put them into some scalding water, and after half an hour or thereabouts, set them over the fire till they break; then strain them through a colander, and let them cool so therein, then strain them through a piece of Cushion-Canvass (from their stones and skins) and then set them over the fire again, then put to them a good quantity of Red-  
Wine,

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Wine, and so boyl it, often stirring it untill it be stiff, and when it is almost boyled enough, put in a convenient proportion of Sugar, and stir it very well together, and then put it into your Gally pots.

*Mrs. Heydons Conserve for to make Tarts all the year after.*

**T**AKE Damsons, or some good ripe Plums, and peel off their skins, and so put them into a pot with half a score Pippins being pared & cut into pieces, and so bake them in the Oven, then strain them through a piece of Cushion Canvass, and season them with Cinnamon, and Sugar, with some Ginger, and a little Rosewater, and boyl it upon a Chafing-dish of coles, till it be as thick as a Conserve, and then put it into your Gally pots, and so you may keep it good all the year.

*Mrs. Hey-*

*M<sup>rs</sup>. He dons Tart of Cream.*

**F**irst cut the Crust of a Manchet, and then grate it small, and so mix it with thick Cream, and some sweet butter, then take twenty four yolks of Eggs, and strain them with a little Cream, putting thereto a good quantity of Sugar, mix these very well and set it upon a small fire, and so let it boyl till it be thick; then make two sheets of Paste as thin as you can, and raise the sides of one of them the height of one of your fingers, in breadth, and so fill it and cover it with the other sheet (cutting your cover first with lozings) then bake it for the space of half a quarter of an hour, then cast some Sugar upon it, and so serve it to the table.

*M<sup>rs</sup>. Heydons Fumballs.*

**T**ake some yolks of Eggs, and half as many of their whites as yolks, with

with some Sugar, and Anniseeds, and a little Rosewater with some butter, and as much flower as all these will wet, so make it into Paste, and then fashion it into rowls of the bigness of your finger, and of a good length, and turning them into what form you please, bake them upon Pewter plates in the Oven.

*M<sup>rs</sup>. Medgates Paste for all manner of Tarts.*

**T**ake very sweet butter, and put it in fair water, and make it boyl on the fire, then take the finest flower you can get, so mix it well together, till it come to a Paste, and so raise it, but if you doubt that it will not be stiff enough, then you may mix some yolks of Eggs with it as you temper all your stuff together.

*M<sup>rs</sup>. Med-*

*Mrs. Medgates Fryed Pasties made with Apples.*

**C**ut your Apples (as you do for Goof-sawse) and then first seeth them in some water and butter, and when they are very thick, season them with Cinomon and Sugar, then make Paste with butter, water and flower, so rowl it very thin and lay a sawcer upon it, that you may cut round thereby, and then fill one side of your Paste, and cast the other side over it; and so close it, then fry them in Beef-suet, and strew some Sugar upon them, and alwaies serve them to the table, at the second course.

*Mrs. Heydons Wafers.*

**T**ake one pinte of flower, and mix it well with sweet Cream, yolks of Eggs, and a little Rosewater, serced-Cinomon, and Sugar, then  
stir

stir them all together, then make your Wafer-Irons hot, and then spread some of your Batter thereon, and so bake it over the fire.

*Mrs. Medgates Goof-berry Tartle.*

**W**hen you have gathered your Goof-berries, cut off both the stucks and the Eys of them with your knife or Cissers, then wash them in a colander (casting away all the small ones, and they that are mellow) and then put them into your Coffin and season them well with Sugar, then close them and so bake them, then you must ever strew some Sugar upon the lids and the brims of the dish, and serve it either hot or cold for a closing-dish.

*Mrs. Medgates Goof-berry Custard.*

**W**hen you have cut off the stucks and Eys of your Goof-berries, and washed them, then boyl them in  
water

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water till they will break with a spoon, then strain them, and beat half a dosen Eggs and stir them together upon a Chafin-dish of coles with some Rose-water, then sweeten them very well with Sugar, and always serve it cold to the table for a closing-dish.

*M<sup>rs</sup>. Medgates Pasties made of Marrow for to be fryed in a pan.*

**A**Lways cleave the bones the length way, and so take out the Marrow as whole as you can, then rowl your paste very thin, and cut it round by a Sawcer, and season your Marrow with Cinomon, Sugar, and Salt, then fill one side of your paste and cast the other side over it, and so close them, then fry them in beef suet, and then scrape some Sugar upon them, and serve them always hot to the table.

*M<sup>rs</sup>. At-*

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*M<sup>rs</sup>. Atkinsons Bisket.*

**T**Ake half a pound of Sugar that is finely beaten, with five yolks of Eggs, and also their whites, and beat them together for the space of one hour, then (having the Oven ready) put in five ounces of fine flower, one spoonfull of Carrawayseeds and mix them well together; then you must butter your plates in the bottom, and put one spoonfull upon every plate, and so put them quickly into the Oven, making your Oven, in a manner as hot as for Manchet.

*The Lady Throgmortons Egg Pie.*

**T**Ake Eggs and boil them, and then peel off their shells, and then take their weight in Marrow (or beef suet if you cannot get Marrow) and then mince them together, then put there-to twice the weight of your Eggs in Raysons of the Sun, and Currans, and season

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season it with beaten Nutmeg, and a little Pepper, and Salt, and when you have filled your Coffin, set it into the Oven, and when it is baked, scrape some Sugar upon the lid, and serve it hot to the table.

*To stew a Feasant French fashion.*

**T**AKE your Feasant and rost it till it be halfe rosted, then boyl it in Mutton broth, and put into the broth hole Pepper, hole Mace, and sliced Onyons, and Vinegar, and make it sharp, and put in Pruoins, and Currrens, and colour your broth with bruised Pruoins.

*To make Cinomon water.*

**T**AKE a quart of white Wine, a quart of Rosewater, a pinte of Muscadine halfa pound of Cinomon bruised, as you do for spocras, lay the Cinomon to steep in the Wine twelve hours, stirring them now and then; after that put them in a Lembike, and still

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still them with a measurable fire, and thereof you may draw three pints, if you will not have it strong, in stead of Muscadine put in so much of Rosewater or white Wine.

*To make a Pastie of Beef seem like red Dear.*

**T**AKE fresh Beef of the finest without sinews or suet, and mince it as small as ye can, and season it with salt, and Pepper. and put in two spoonfulls of Malmesie, and take larde and cut it in small pieces, lay a layer of larde, and a layer of Beef, and lay a skin of Beef upon it like Venison, and so close it up.

*To bake a Pickerel.*

**T**AKE and seeth it and pull out the ribs, bones, and lay it in the Paste and season it with Pepper and salt, and put in butter and small Raysons, and so bake it.

*To*



*To stew a Capon in white broth.*

**T**AKE sweet Mutton broth, and boyl your Capon in it; and put some of the broth of it, into a little vessel by it self: and put in pruoins, and Raysons, and let them boyl a while with the broth and branch of Rosemary aforesaid, and then take yolks of Eggs roasted hard, chop them small and steep them in Verjuyce, and strain them through a strainer, and when you be ready to serve it in, put it into the broth.

*To make a Tart of yolks of Eggs.*

**T**AKE twenty yolks of raw Eggs, and a dish of butter, and work them together till the butter be melted, then make your Tart and set it into the Oven; to dry, and then put in the stuff and season it with Sugar, Cinomon, and Ginger, and a little Rosewater and Salt, and so bake it.

*To bake an Hare.*

**T**AKE the best of the Hare, minced and seasoned with Pepper, Salt, and Mace, then make a proportion of the head or shoulders, as you make for an Hare Pastie, and lay in a layer of flesh, and a layer of larde, and butter aloft, and butter beneath, and make a gallentine for in a sawcer.

*To bake a Gammon of Bacon.*

**V**VATER it fresh enough and seeth it, as tender as you may to handle it, then put off the skin, and take for thy Farcing, Parcely, Pennyroyal, Thime Marjerom, Marigolds, Camomile, and Sage, chop them small and season them with Salt, Pepper, Cloves, small Raysons, yolks of Eggs hard roasted, then force your Bacon, and cut off the lean of the Bacon, and mince it small, and take an handfull of Farcing, and mingle it together with

with three, or four yolks of raw Eggs, then cast it a loft upon the Gammon of Bacon, then close on the skin again and close it in paste.

### *To bake a Pig.*

**T**AKE and open the Pig in the back when it is scalded, and take out all the bowels, then lay it a while in water that the bloud may soak out, then boyl it flat in a Pan and press it down for rising, and when it is almost tender, take it out and press it in a cloath as you do Venison: If it be a fat Pig, pull off the skin of it, if it be not fat pull out the bones, and farce it as you do the Gammon of Bacon, then lay it hole in paste as ye do a tench, and put in sweet butter and season it with Butter, Pepper, and Salt, and when it is baked, make a little gallanttine for it of Vinegar, Sugar, Cinomon, and Ginger, and a little Rosewater boiled, and when you take it out of the Oven make a hole in the cover and put in the

### *To bake a Pikerel.*

**T**AKE and seeth it, and pull out the ribs and bones, and lay it in the paste and season it, with Pepper, and Salt, and put in butter and small Raysons, and so bake it.

### *A Syrup for the cough of the Lungs.*

**T**AKE a Pottle of fair running water in a fair Pipkin, and put into it half an ounce of Sydrack, half an ounce Maiden hair, and a good handfull of Alicampane roots sliced, let this water with the foresaid be boyled untill half be boyled away, then strain it through a fine cloath; then put it again into a Pipkin, and put into it three quarters of a pound of Sugar, and boyl it again till half be boyled away, and that it may be to the height of

of a Syrup then put into it the whites of Eggs, and let it boyl two or three walms; and give the patient a spoonfull morning and evening, and if God will, it may help, &c.

*To Preserve Barberries.*

**T**AKE one pound of Barberries picked from the stalk, put them in a Pottle-pot, and set the Pottle-pot in a Brass-pot full of hot water, and so let them soake in the Brass-pot: and when they be stewed strain them, and when they be strained put to them a pound and a half of Sugar, and a pinte of red Rosewater, and boyl them a little while; then take half a pound of the fairest Clusters of Barberries which you can get, and dip them in the Syrup when it boyleth; and then take the Barberries out again, and boyl your Syrup untill it be thick, and then when it is cold, put them in the Glasse with the Syrup.

To

*To make Conserve of Barberries.*

**V**HEN the stalks are picked off, boyl them in fair water till they swell and be very soft, then bruise them in a Morter, then strain them and seeth them again by themselves, then take for every pound of them two pound of Sugar, and seeth them together, but not to long, for then it will rope.

*To Preserve Cherries, or other fruits all the year.*

**T**AKE nine pintes of running water, and one pinte of Honey, put them in an earthen vessel and stop it close and let it stand upon hot embers all one night, and on the next day; let it simmer a little, then take it off and shake the pot that the Honey may be mingled with the water, so let it stand till it be cold: then take your raw Quinces and lay them one by one  
D in

in shallow vessels, and pour as much of this liquor unto them as will cover them, so stop them close, and so they will keep a year, or more when you will, then you must beware in taking out of them that you break not the rine, but put it back with a knife and so stop them close again, this quantity of liquor will preserve a hundred of Quinces, if you Preserve Cherries, you must gather them so as the stalks may be on them, and put your liquor into a vessel of glass having a wide mouth, so put in your Cherries with stalks, and fill your glass full of liquor, so stop it up close that nothing come to it, and cover it first with a waxen paper and upon that with a cloath, and above all with leather and binde it close and yet they will keep both their colour and taste, which they had when they were gathered, they must be very pure and well gathered they will keep a whole year.

To

*To make a Marchpan.*

**S**teep two pound of piked Almonds on day and two nights in fair water and blanch them out of it, then beat them well in a mortar and bedew them with Rosewater, put to your Almonds so many pound of Sugar, and beat your Sugar likewise with your Almonds, that done make wondertull fine crust either of Paste, or Wafers, and bedew it with Rosewater and Sugar, and spread the stuff on it and bake it at a very soft fire always, bedewing it with Damask water, Civit, and Sugar, and lastly, with a gut of Dates gilt, or long Comfets gilt, or with Cinomon sticks gilt, or the Kernels of the Pine-Apple, so serve it forth.

*An other March-Pain.*

**T**ake one pound of Almonds, for to make a thin one, and for a great one two pound, and blanch them and

D 2 stamp

stamp them; and in stamping of them put thereto three quarters of a pound of Sugar, and a little Rosewater, then take the cakes and set them together in the water, and take heed that they do not cleave to the board; but set them in a little heap, and after take a good deal of fine Sugar with a little Rosewater, and sprinkle thereon, for that will raise it up like Ice, pinch the March-Pan about with your nails, and set it into the Oven.

*To make Paste Royal, or  
Sugar Plat.*

**F**irst take Gum Dragagant, and steep it in Rosewater the space of a night, or more, then take the whitest Sugar you can get and beat it in a Morter, and serce it with a very fine sieve, then take that flowred Sugar and put as much in the Morter as you can reasonably beat, then take your Gum and strain it very thick through a linnen cloath, then take of that and

and put it into the Morter with the Sugar, but take heed you make it not to weak with putting too much Gum to it; then stir the Gum and Sugar together and stamp it well, for the more ye work it, the better the Paste will be, then take a slice and turn it as you beat it, and if it be to weak, put in more Sugar, if it be to dry, take a little more Gum, and when it worketh like daw, then take it out of the Morter and mould on a board, and make it in cakes, or cast it in moulds to what fashion you list, and lay it upon a fair board and let it harden and it is made.

*To make puffed Paste.*

**T**ake for a pint of flower two Eggs, and two, or three spoonfulls of Rosewater, or fair water, and whet it and work it together, and then rowl it in a cake reasonable thick, as one should drive out a Pasty for Venison, then spread it with butter and fould

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it so four times: and rowl it every time out after it is spread with butter, so you may cover Florentines and Tarts if you please to cut it.

*To make a dish of taste of a  
Kidney of Veal.*

**T**Ake the Kidney out of your Veal when it is roasted, and mince it very small and put into it Cynomon, Sugar and, Currans, and with all a piece of sweet butter, boyl them upon a Chaffin-dish of coles, with the juyce of a little Spynage, so taste your tosts very brown, and lay your meat upon them, and scrape a little Sugar upon them, and so serve them.

*To make a dish of Marrow.*

**T**Ake a piece of fine paste and rowl it very thin, then take your Morrow all as whole out of the bones as you can, and cleave it into four quarters, then take it and season it with a little  
Pep-

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Pepper, Salt, Sugar, and Dates, small minced, then lay one piece in your paste and make it up like a peskod, so make half a dosen of them and fry them in clarified butter, and lay them in a dish and scrape Sugar upon them, and so serve them.

*To make Bisket bread.*

**T**Ake half a peck of fine flour two ounces of Anniseeds, two ounces of Colanderseeds, the whites of six Eggs; a pinte of Ale yest, as much warm water as will make it up to Paste, so bake it in a long rowl when it is two days old, pare it and slice it, then Sugar it and dry it in an Oven, so you may keep it all the year.

*To boyl a Capon Lardir  
with Lemons.*

**T**Ake your Capon and boyl it in white broth, when he is boyled  
D 4 take

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take him up and lard him very thick with Lemons, cut in long small pieces, and so put him into the broth again, and let him boyl three or four hours, and when you serve him in, garnish him on the breast with Marrow, and so serve him.

*To boyl Widgins, or Teals.*

**T**ake your Widgins, or Teals, being parboyled and stick whole Cloves in their breasts, put into their bellies a little winter Savory and Parsly, boyl them in a Pipkin by themselves, thicken it with tofts, season it with Verjuyce, Sugar, and a little Pepper, then garnish your dish-side with Barberries and Pruions, and so serve them.

To

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*To boyl Sparrows, Larks, or any other small Birds.*

**T**ake a ladlefull of strong Mutton broth, a little whole Mace, and a handfull of Parsly; put in a little winter Savory, season it with Verjuyce, Sugar, and a little Pepper, thicken it with a spoonfull of Cream, and the yolk of an Egg.

*To make maid dishes of Cook shews.*

**T**O make an Orengeado Pie, take the rynds of Orenge, and lay them in water to take away the bitterness, then make a set Pie and put them in with a little Syrup of Quinces, and when it is almost enough take it out of the Oven, and wash it over with the white of a new laid Egg beaten, then scrape it over with hard Sugar and set it into the Oven again, and

D 5 so

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so you shall have it yest over; then put in a spoonfull of Rosewater, and serve it.

*To make gelly of Harts horn for the weakness of the back.*

**T**AKE four ounces of the shavings of Harts horn of the inside, and two Ale quarts of water, set this over a pipkin and boyl the same very gently till it come to a quart, the Harts horn must be steeped three, or four hours first, afterwards put a little into a saucer till it be cold, and if it be cold and gellieth it is boyled enough; Then being warm take it off the fire and strain it hard through a cloath, and set it a cooling till it be hard gelly; then take two whites of Eggs and beat them very well, either with a sprig of Rosemary, or Birch (but not with a spoon) till a water come in the bottom, then pull these beaten Eggs and the water thereof into a skillet, and all the gelly upon it, and three spoon-  
fulls

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fulls of Damask Rosewater, and a quarter of a pound of Sugar, then when it boyls stir and lay it a pretty while, then strain it through a cloath and let it cool, and then of this take four spoonfulls in the morning fasting, and at four a clock in the after noon.

*To make a Dish of meat with Herbs.*

**T**AKE fives Perstitime, Marjerom, and rost three, or four of Eggs hard, and a quantity suet of Mutton, Beef, or Lamb, chop them fine all together, and season it with Cloves, Mace, Ginger, Sugar, and Cinomon, and a little Salt, then fry them with a little sweet butter.

*A way how to keep Lemons Oringes and Pomegranates all the year.*

**T**AKE a bushell of fine white Sand and dry the sand in a whole Oven, take the same out and let it stand till  
it



it cold, then take a vessel according to the quantity of your Lemmons, Oren- ges, and Pomegranets, and put in your bottom of the vessel of the same Sand a handfull thick, then set your Oren- ges in the sand one by another: so that they touch not, then lay sand over them again, so that it may be a hand- full thick over your Oren- ges, and in this sort use it till your vessels be filled up, and set your vessell in such a con- venient place that your vessell may be neither to hot, nor to cold.

*To make Conserve of Roses.*

**T**AKE of the buds of red Roses, and slip away the white ends, and then slip the rest of the Rose so small as you can; and beat them fine in a Marble Morter, and put to every pound of Roses three pound and a half of Sugar, then put it up in a gally por and set it in the sun, by the space of one fortnight.

To

*To make Paste of Fennay.*

**T**AKE a pound of Sugar finely beaten and put to it water as for Manus Christi, and boyl it to the half of Manus Christi, then take a pound of Quin- ces, first boyled tender and quits up- ward in fair water, pare them, and take the core clean from them; and boyl them apace a while alone, still stirring them, then put your boyled Sugar and Quinces together, and boyl them there till they be thick enough for Marmalet, then lay them on your stone so fast as you can, have ready a little Gumdragon, laid half an hour before in Rosewater with a feather, wash them with it, and strew fine pow- der of Sugar upon it, and set them before the fire awhile.

To

*To Bake Orenge.*

**T**AKE them and peel all the bark off, and boyl them in Rosewater and Sugar till they be tender; then make your Pie and set them whole in it, and put in the liquor that they were boiled in into the Pie, and season it with Sugar, Cynomon, and Ginger, &c.

*To make white Immelat.*

**T**AKE 4 pound of fair yellow Pear Quinces, pare them, and core them, and cut them in quarters, put them in a brasse Pot, or in an earthen Pot; and put half a pinte of Damask Rosewater, and a quarter of a pound of Sugar, set them on the embers and let them boyl one hour, or two; and stop them very close open them and strain them, and when it is strained take four pound of Sugar, and put all in a pan set it on the fire and stir it with a flat stick a pace, and when it is enough

it

it will come off from the Pans bottom, or else put a little on a stick, or a knife, and when it is enough it will slip off, then box it so fast as you can, cover it not untill it be cold, &c.

*To preserve Raspices.*

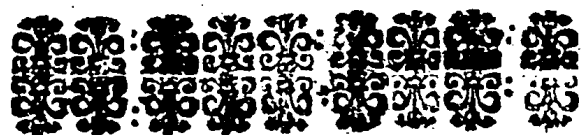
**T**AKE off the fairest and well coloured Raspices, and pick off their stalks very clean: then wash them, but in any case see that you bruise them not: then weigh them, and to every pound of Raspices you must take six ounces of hard Sugar, and six ounces of Sugar-Candy; and clarifie it with half a pinte of fair water, and four ounces of juyce of Raspices being clarified: boyl it to a weak Syrup, and then put in your Raspices, stirring them up and down, and so let them boyl untill they be enough, that is using them as your Cherries, and so you may keep them all the year.

To

*To preserve Peaches.*

**T**AKE a pound of your fairest and best coloured Peaches, and with a wet linnen cloath wipe off the white hoar of them: then parboyl them in half a pinte of white Wine, and a pinte and a half of running water; and being parboyled, peel off the white skin of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pinte of White Wine, and boyl it almost to the height of a Syrup, and then put in your Peaches, and let them boyl in the Syrup a quarter of an hour, or more, if need should require: and then put them up, and keep them all the year.

**FINIS.**



# The TABLE of such

Receipts as are herein contained.

## A

**A** Lemon Cream.  
 Lemon Puddings.  
 Apple Pasties fried.  
 Apricocks preserved.  
 Artificial Fruits.  
 Artificial Wallnuts.  
 Apricocks dried.

## B

Baked Puddings.  
 Barbarries Candied.  
 Barbarries how to be made into a Conserve.  
 Bisket of Italy.

*Bisket*

## The Table.

*Bisket of England.*  
*Bisket of France.*  
*Beef stewed.*  
*Broth with Capon.*  
*Broth with Mutton.*  
*Breast of Veal baked.*  
*Buttered Loaf.*

### C

*Candy height, what is the meaning thereof.*  
*Cake-Bread to make.*  
*Calve-foot-Pie.*  
*Candied Grapes.*  
*Candied Goose-berries.*  
*Candied Barberries.*  
*Cheef-cakes with Lids.*  
*Cheef-cakes without Lids.*  
*Cherries preserved.*  
*Chickin-Pie in Summer.*  
*Chickin-Pie in Winter.*  
*Conserve of Plums.*  
*Conserve of Plums.*  
*Conserve to make Tarts all the year after.*  
*Cream of Almons.*

*Cream*

## The Table.

*Cream of Apricocks.*  
*Cream of Eggs.*  
*Cream of Quinces.*  
*Cream of Quodlins.*  
*Cullice how to make.*  
*Cowcumbers made by Artificial skill.*

### D

*Damofens or other Plums Preserved.*  
*Dried Pears.*  
*Dried Pippins.*  
*Dried Apricocks.*  
*Dried Plums.*

### E

*Egg-Pie to make.*  
*Eggs made into Cream.*  
*Ele-Pie to make.*

### F

*Frycass how to make.*  
*Frydays Pudding.*  
*Fried Puddings to be made in a Pan.*  
*Fruits*

## The Table

*Fruits of several sorts how to dry.  
French Bisket how for to make.*

### G

*Goos-berry Custard.  
Goos-berry Tart.  
Grapes Candied.  
Grapes Preserved.*

### H

*Hardichock-Pie.  
Hedghog-Pudding.*

### I

*Italian Bisket.  
Jumballs how for to make.*

### K

*Keeping of Conserves all the year.  
Keeping Apricocks all the year.*

*Lamb*

## The Table.

### L

*Lamb Pies how for to make.  
Leg of Lamb how for to stew.  
Legg of Mutton baked in the same  
skin.  
Legg of Beef stewed.*

### M

*Manus Christy what is the meaning  
theretof.  
Mackrowns how for to make sundry  
ways.  
Marchpain how for to make ; and how  
it should be Iced, Garnished, and Gil-  
ded.  
Marmalet of Quinces.  
Marrow Pasties.  
Milk of Almons.*

### N

*Neats-foot Pie how for to make*

*Oyster.*

## The Table.

### O

*Oyster Pie how for to make.*  
*Orenges Artificial how for to make.*

### P

*Paste for all manner of Tarts how for to make.*

*Paste of Genua to make.*

*Pare-Plums preserved.*

*Peaches how they should be Preserved.*

*Perfumed Starch.*

*Pig-Pies to make.*

*Pippins how to dry.*

### Q

*Quaking Pudding.*

*Quodlin Pie.*

*Quodling Tarts.*

*Quinces to preserve of a Red colour.*

*Quinces preserved of a white colour.*

*Quindeny how for to make.*

### R

*Raspices to preserve.*

*Salmen*

## The Table.

### S

*Salmon how to boyl.*

*Starch how to perfume.*

*Sullybubs how for to make sundry ways.*

*Sugar Plates to make.*

### T

*Tarts of Cream.*

*Tarts of Goose-berries.*

*Taets of Quodlins.*

### V

*Veal Pies how for to make.*

*Veals breasts how for to bake.*

### W

*Wafers how for to make.*

*Wallnuts Artificial how they should be made.*

*White Broth with Capon how to make.*

# FINIS.